

FITNESS EVALUATION TEST RESULTS # 1

Name: **James Bond** Weight: **138 Lbs.** Sex: **Female** Height: **5** Feet Date: **January 25, 2003**
 Age: **25**

Body Composition

Body Mass Index (BMI): **19.8** Normal Seven Site Skin Fold % Body Fat: **20.25%**
 Estimated BMI Body % Fat: **22.20%**
 Bioelectrical Impedance (BIA): **14.8** % Fat **20.5** Lbs. Fat Body Composition Percentile: **60%**
 Waist-To-Hip Ratio (WHR): **0.70** Normal

**7-Site Skin Fold is the most accurate way for determining body fat percentage in the fitness facility setting; BIA and BMI are methods for illustrating comparison (not considered accurate). BIA is a simple and easy way for anyone to determine effectiveness with their program.*

Upper & Lower Body Strength

Upper Body 1 Rep Max Test: **0** Lbs.
 Estimated Upper Body Max: **103** Lbs.
 Upper Body Strength Percentile: **70** %
 Lower Body 1 Rep Max Test: **0** Lbs.
 Estimated Lower Body Max: **287** Lbs.
 Lower Body Strength Percentile: **90** %

Cardiovascular (VO2max) Power

Estimated Aerobic (VO2) SubMax: **40.33** mL/kg/min Resting Heart Rate: **64** Beats Per Minute
 Type of SubMax or Max Test Performed: **Rockport 1-Mile Walk Test** Blood Pressure: **0 / 0** mmHg
 Aerobic (VO2) Max: **0.00** mL/kg/min
 Non-Exercise VO2 Estimated Potential: **31.89**
 Cardiovascular (VO2) Percentile: **70%**
 Target Heart Rate Range: **130** To **162** MET Level Range: **5.8** To **8.6**

**VO2 is the body's aerobic ability to maximize oxygen during exercise to create aerobic power. Compare the non-exercise estimate with actual.*

Sit-N-Reach Flexibility Test:

Maximal Sit-N-Reach Achieved: **19 1/4** inches Flexibility Percentile: **50%**

**The flexibility test is designed to determine lower back and hamstring flexibility.*

Personal Goals:

1. *legs definition with hams*
2. *arms growth*
3. *abs "six pack"*
4. *shaplier butt*

Fitness Evaluation and Testing was performed by:

J.C. Glasgow, C.P.T.

Workout Commitment: # Days Per Week: **5** # Hours Per Day: **2+**

FIGURE 1

FIGURE 2

General Information					
Name:	Pocket Trainer			Date:	2/14/03
Age:	25	Years			
Weight:	138	Lbs.	Height:	5	Feet
				10	Inches
Sex:	f	M or F			
Race:	w	W = white, B = black, H = hispanic, A = asian, I = indian			
Body Composition					
Bioelectrical Impedance (BIA):			% Fat:	14.8	Fat Lbs.: 20.5
Blood Pressure:	0 / 0	mmHg	*(if applicable)		
Resting Heart Rate:	64	Beats Per Minute (BPM)	*Required		
Waist-To-Hip Ratio (WHR) Measurement:	Waist (in):		25 3/8	Hips (in):	36 1/8
Skin Fold Body Fat% Measurement: 3 or 7 Site					
Chest:	(Men 3-Site)	17	mm	17	mm
Axilla:		16	mm	15	mm
Triceps:	(Women 3-Site)	12	mm	13	mm
Subscapular:		12	mm	10	mm
Abdominal:	(Men 3-Site)	18	mm	18	mm
Suprailiac:	(Women 3-Site)	11	mm	11	mm
Thigh:	(Men / Women 3-Site)	22	mm	23	mm
Upper & Lower Body Strength Max Testing					
Upper Body 1 Rep Max Test (Bench Press):	Wgt:		0		
Lower Body 1 Rep Max Test (Leg Press):	Wgt:		0		
Upper & Lower Body Strength SubMax Testing					
Upper Body Repetition Test (Chest Press):	# Reps:	9	Wgt:	80	
Lower Body Repetition Test (Leg Press):	# Reps:	10	Wgt:	215	
Cardiovascular (VO2) Power SubMax & Max Testing					
1-Mile Walk VO2 SubMax Test:	15	minutes	19	seconds	End HR: 142
Queen's College Step Test SubMax:	Post Test Heart Rate:		0 bpm		
Y.M.C.A. Cycle SubMax Test	Stage #:	0	Work Rate (Resistance):		0
HR Readings during Final Stage:		0	to	0	
4-Minute Treadmill Walk Test:	Heart Rate:	0	bpm	Speed:	0 rpm
Bruce Maximal Treadmill Test:	Time:	0	minutes	0	seconds
Storer Maximal Cycle Ergometer Test:	Max Watts:		0		
Sit-N-Reach Flexibility Test:					
1st Measurement (in):	17 1/2	2nd Measurement (in):	19	3rd Measurement (in):	19 1/4
Personal Goals:					
1. <i>legs definition with hams</i>					
2. <i>arms growth</i>					
3. <i>abs "six pack"</i>					
4. <i>shaplier butt</i>					
Current Activity Level:	0	Code Range: (0 - 7)			
Workout Commitment:	# Days Per Week:	5	# Hours Per Day:	2+	
Personal Trainer:	J.C. Glasgow, C.P.T.			Evaluation #:	1

Graph	Evaluation Example		
	1	2	3
BF%	20	20	16
UB Max	103	125	165
LB Max	287	350	400
VO2	40	44	48

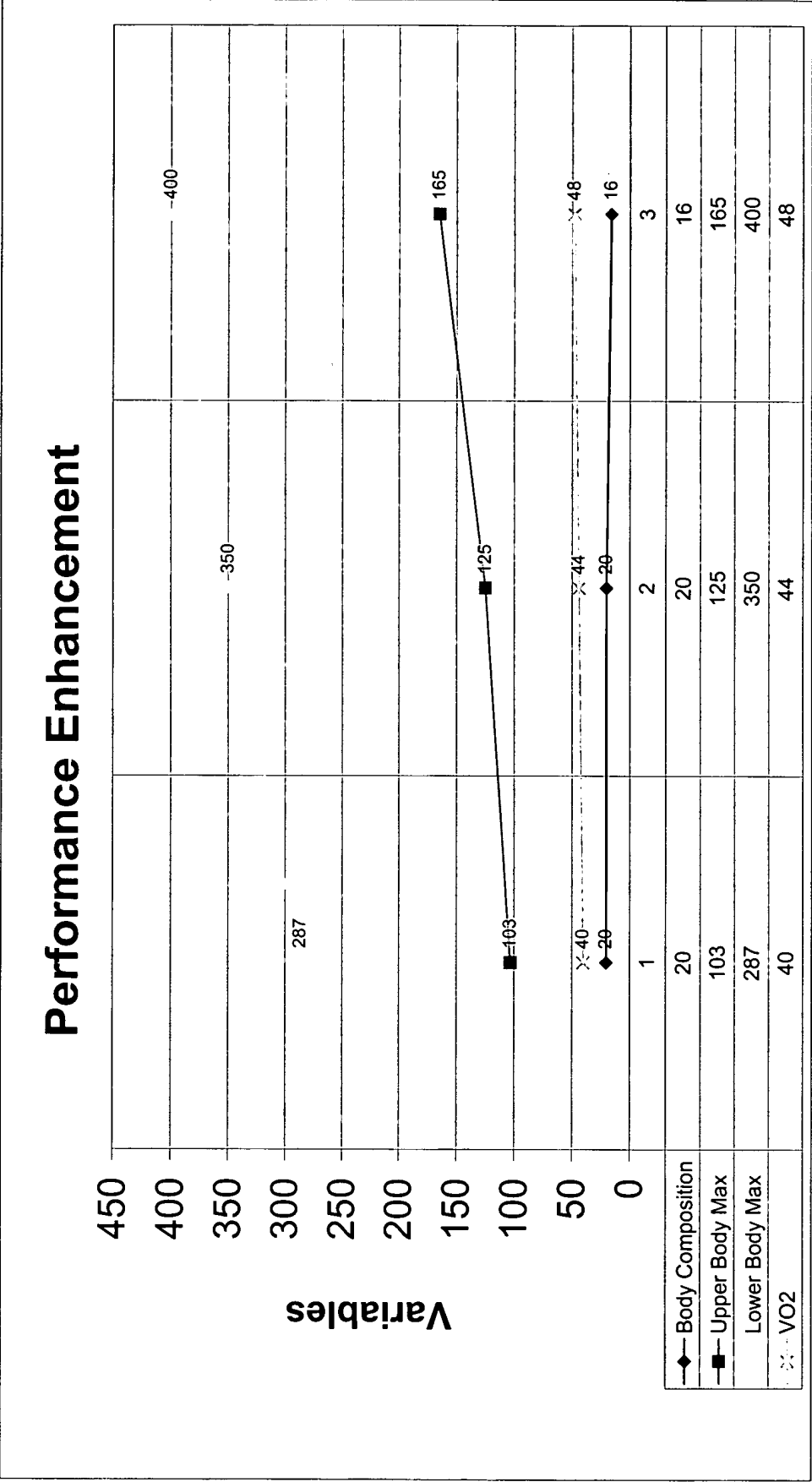


FIGURE 3